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Coco show to return on TBS

CONAN The late-night guessing game is over, with a startling twist: Conan O'Brien has chosen TBS as his future talk-show home.

Expected to debut in November, the as-yet-untitled show will return O'Brien to the air after an absence that began in January when he abruptly left NBC, his employer of 17 years.

O'Brien's new program will air Mondays through Thursdays at 11 p.m. EDT.

Upon TBS' announcement yesterday, O'Brien quickly fired out a celebratory tweet:

"The good news: I will be doing a show on TBS starting in November! The bad news: I'll be playing Rudy on the all-new Cosby Show."

THE ASSOCIATED PRESS

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Learning Curve pg 12

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TIM WIECLAWSKI/METRO OTTAWA

Liberal Leader Michael Ignatieff lights a candle yesterday afternoon on the Yad Vashem Menorah at the Canadian War Museum during the National Holocaust Remembrance Day Ceremony commemorating the six million Holocaust victims.

'A duty to remember'

Public urged to fight hatred as Holocaust victims honoured

The extermination of millions of Jewish people in the Second World War was a crime against all humankind, but it is not enough to simply remember the Holocaust, said Paul-Henri Rips, who was imprisoned in two Nazi camps and later authored the Holocaust memoir E/96: Fate Undecided.

"Our children must never become indifferent," said Rips, who spoke on behalf of survivors at the National Holocaust Remembrance Day Ceremony at the Canadian War Museum yesterday. "All people have a duty to remember and tell the story of the Holocaust. The Nazis' intent was to erase all memory of the Jews."

As the number of survivors dwindles, it is important to keep the stories alive and fight against the kind of hatred that inspired the Nazis to kill more than six million Jews during the war, added Fran Sonshine, national chair of the Canadian Society for Yad Vashem, which organized the event.

More than 70 members of the House of Commons and the Senate, ambassadors from more than 35 nations, and dozens of survivors attended the ceremony.

Speaking on behalf of Prime Minister Stephen Harper, Minister of State for Foreign Affairs Peter Kent said all nations have a responsibility to be unequivocal in our condemnation of anti-Semitic despots, terrorists and fanatics.

Liberal Leader Michael Ignatieff said the vigilance of the survivors of the Holocaust has spawned a greater awareness for the human rights of all people.

"We must stand with all democracies threatened by terror and hatred," said Ignatieff. "And all Canadians regardless of party must rejoice in that violent, turbulent democracy we know and love called Israel."

In his opening remarks, Rabbi Reuven Bulka said Jews should remember the Holocaust by denouncing evil and ensuring hatred has no sanction in their lives.

TIM WIECLAWSKI/METRO OTTAWA

Mountie accused in cop's death eyeing new lawyer

GREGSON A week after firing his lawyer, a suspended RCMP officer charged in the stabbing death of an Ottawa police officer has tentatively hired a new one.

Geraldine Castle-Trudel is expected to meet with Kevin Gregson, 43, before tomorrow, the lawyer's associate said in court yesterday.

Gregson — who is charged with first-degree murder in the death of Const. Eric Czapnik, 51, who died after he was stabbed outside an Ottawa hospital Dec. 29 — said nothing during his video appearance in Courtroom 5.

During last week's video appearance, Gregson said his parents were coming to Ottawa and that he would get another lawyer. Neither he nor his former lawyer, Israel Gencher, stated his reasons for seeking new representation.

"It sounds like (Gregson is) having discussions with Ms. Castle-Trudel, but it's not yet formalized," said Brian Holowka, one of two Crown attorneys on the case along with Hilary McCormack, outside the courtroom yesterday.

Gregson will appear in person in Courtroom 8 in front of Justice Lise Maisonneuve at 9 a.m. Friday.

TRACEY TONG/METRO OTTAWA

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Local

Free Brita in ByWard

In celebration of Earth Month, Brita will be giving away 3,000 Brita pitchers and filters at the George Street Plaza in the ByWard Market from 8 a.m. to 4 p.m. this Saturday. The goal of the event is to make it easier for Canadians to make the switch from bottled water to filtered tap water in a refillable bottle. METRO OTTAWA

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WHAT'S ONLINE TODAY

Video Terry Fox's family launches cancer research effort on 30th anniversary of his run at **metronews.ca/canada**

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These results are not official.

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Police target mental health

MIRANDA MINASSIAN
for Metro Ottawa

Ottawa police launched a campaign aimed at increasing awareness about youth mental health issues yesterday.

Funded by the Department of Justice and done in collaboration with Ottawa's Youth Net/Réseau Ado, the initiative makes resources and support available to police officers dealing directly with troubled young people, as well as the community.

"Child and youth mental health is everybody's business," said Children's Hospital of Eastern Ontario's chief of psychiatry, Dr. Simon Davidson. "Crime is everybody's business. If we had comprehensive services for youth mental health, everyone would benefit."

MIRANDA MINASSIAN/FOR METRO OTTAWA

Ottawa Police Service Chief Vern White, left, Marie Belanger, Ontario Court Justice Dianne Nicholas, Dr. Simon Davidson, and Jessica Ripley celebrate the launch of tools designed to increase awareness of youth mental health issues.

Resources need to be available to police, giving them the support needed to recognize and deal with the mental health issues encountered on the job, explained Davidson.

The collaboration addressed issues like depression, substance abuse, self-harm and suicide.

"Most of the people we deal with in crime have addictions or dual diagnosis issues," said Ottawa police Chief Vern White. "It's about giving the officers one more tool to deal with a serious problem they are going to face anyway."

Fact sheets and a list of community support services are available at emental-health.ca and cmh.net.

Ottawa home starts up over last year: CMHC

REAL ESTATE Housing starts in Ottawa were up last month compared to the same time last year, according to data released by the Canada Mortgage and Housing Corporation.

There were 367 housing units in Ottawa in March 2010, compared to 361 units in March 2009.

Year-to-date starts are also up 15 per cent from last year's first quarter.

"High average income levels and a stable economy support positive growth both for single and semi-detached homes in Ottawa CMA," said CMHC senior market analyst Sandra Perez Torres.

The CMHC expects both townhouse and apartment starts to lead the way this summer. TRACEY TONG/ METRO OTTAWA

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The Keys to Good Negotiating	10:15 – 11:45 a.m.
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Pathway closed due to work at Cliff Heating and Cooling Plant
The Ottawa River Pathway between the Portage Bridge and Parliament Hill will be closed until 11 p.m. on April 26. METRO OTTAWA

Theatre season an exercise in diversity

TRACEY TONG
tracey.tong@metronews.ca

A woman with meticulous to-do lists, soldiers in the Battle of Vimy Ridge, Hamlet, a magician and homeless youth in Toronto will make up the Great Canadian Theatre Company's 2010-2011 season.

Unveiled yesterday, the season, called Theatre with character, will "touch your heart, captivate your imagination, engage your mind and tickle your funnybone," said artistic director Lise Ann Johnson.

The season opens with the world premiere of the English translation of Jennifer Tremblay's The List, which runs from Sept. 14 to Oct. 3.

The original French version of the play, La Liste, won the Governor General's Award for French-language drama in 2008.

In this one-woman show, a woman tries to maintain control of her chaotic life by keeping to-do lists. When one of the items is forgotten, there are disastrous consequences.

Vern Thiessen's Vimy, running from Nov. 9 to Dec. 5, marks the first-ever co-production with the National Arts Centre English Theatre. Vimy tells the story of four wounded soldiers following the Battle of Vimy Ridge.

"The play ... puts a human face to the 4,000 Canadian men who died and the 10,000 Canadian men who were injured at Vimy," said Johnson. "And on another level, it's a play about us as a nation, about the moment Canada ceased to be a British colony and became a country with an independent identity."

The new year kicks off with Evelyne de la Chenelière's Strawberries in January, which follows four romantically challenged characters, followed by the world premiere of Pierre Brault's The Shadow Cutter, which tells the story of Ottawa-born Dai Vernon, a magician who earned his international reputation as the only man ever to fool Houdini. The show runs from March 8 to 27.

Andrew Kushnir's The Middle Place, verbatim theatre emerging from interviews at a Toronto youth shelter, runs from March 29 to April 17, 2011, while Daniel MacIvor's This Is What Happens Next, rounds out the season from May 24 to June 12, 2011.

The season also features two special presentations, Hamlet (solo), and Undercurrents: Theatre below the mainstream, a repertory festival in the GCTC's Studio Theatre.

ANDREW WASYLIEZKO/COURTESY OF GCTC

Akosua Amo-Adem stars in The Middle Place, which will be featured in the Great Canadian Theatre Company's 2010-11 season.

News in brief

CLEANUP Ottawa residents can do their part for the city by participating in the Great Canadian Shoreline Cleanup, to be held Sept. 18-26. Volunteers can begin signing up for the cleanups held along the Ottawa River, the Rideau River and the Gatineau River at shorelinecleanup.ca.

FOOD DRIVE The Ottawa OPP Auxiliary Unit collected nearly 4,000 pounds of food last week from local Ottawa English and French Catholic Schools. The food will be split between the Kanata Food Cupboards and the Parkdale Food Bank.

CHARITY Members of Ottawa's legal community are coming together to volunteer time and money to begin the Ottawa Feed the Hungry Program. Lawyers will be serving meals to Ottawa's most vulnerable residents the third Wednesday of every month.

METRO OTTAWA

Fat Cats add seven players

BASEBALL With less than four weeks until the Ottawa Fat Cats' first game, the team has signed seven more players following Saturday's open tryout camp. The Fat Cats home opener is May 15 against the Mississauga Twins. "We saw some good arms and we saw some good athletes at the camp," said Fat Cats manager Bill Mackenzie. METRO OTTAWA

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Treasure hunt offers chance to head to "outer space"

The mayor of Quebec City is opening the streets to a treasure hunt that will award the winner with a ticket to ride — into outer space. The winner will get a chance to briefly experience the weightlessness of space during a suborbital flight. The event has been organized by an area radio station, a builder of factory-made houses and a local restaurant. THE CANADIAN PRESS

Canada

Anniversary marks research launch

Family and friends of Terry Fox launched a new cancer research effort yesterday to mark 30 years since he began his Marathon of Hope in St. John's, N.L. The Terry Fox Research Institute's Atlantic Node would unite cancer-care experts in Atlantic Canada with those across the country. Project leader Dr. Michael Johnston says cancer rates in the region are among the highest in Canada. THE CANADIAN PRESS

Parliament, power grids among targets, court hears

TORONTO 18 Crippling Canada's infrastructure and leaving its population devastated were the goals of an alleged homegrown terror cell, a jury was told yesterday as the final trial in the so-called Toronto 18 case heard opening arguments.

Parliament, power grids, and nuclear facilities were the intended targets in an attack that Fahim Ahmad hoped Canada would never recover from, the Crown said as it laid out its case against three men arrested almost four years ago. Three men are on trial, charged with various terrorism offences. THE CANADIAN PRESS

ScanLife

Tory claims that spending freeze is 'easily' done draws skepticism from Ottawa's watchdog.

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News in brief

INQUIRY Richard Colvin ignited a political powder keg last year when he told a parliamentary committee that Canada ignored warnings of torture involving Afghan detainees. He returns to the public eye today when he appears before a military police watchdog's investigation. THE CANADIAN PRESS

Few clues offered on Guergis file

Prime Minister Stephen Harper was acting on a complaint from a third party when he demoted his embattled women's minister, banned her from caucus and referred her case to the Mounties, the House of Commons heard yesterday.

That was the only progress the Opposition made in demanding answers about why Harper asked the RCMP and the ethics commissioner to investigate former cabinet minister Helena Guergis.

Liberal Leader Michael Ignatieff said the government is hiding behind the investigations.

"There are 'serious allegations' surrounding the conduct of this minister but we still don't know what they are," said Ignatieff.

"How long will the government hide behind the ethics commissioner and the Mounties? This sordid tale has been going on for six weeks."

But with Harper attending a summit in Washington, the Conservative government wasn't giving any hints about what is involved.

Transport Minister John Baird told the Commons only that the allegations were made by a "third party."

He said Harper acted quickly and appropriately when he learned about the allegations against his former status-of-women minister.

"The RCMP and the ethics commissioner will come to their own conclusions, as is proper, on this issue," Baird said.

"The allegations that have been brought forward by a third party do not involve any minister, any MP, any senator — for that matter, any government employee."

Conflict of Interest and Ethics Commissioner Mary Dawson confirmed Monday that she is reviewing a letter from the prime minister regarding Guergis' conduct.

Dawson also said she will not investigate a Liberal complaint about a large mortgage obtained by Guergis on a tony home in a posh Ottawa neighbourhood. THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff stands in the House of Commons during question period on Parliament Hill yesterday. The opposition accused the government of hiding behind investigations into allegations against ex-cabinet MP Helena Guergis.

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Roman-style mummy and sarcophagus found in Egypt
Egyptian archaeologists discovered an intricately carved plaster sarcophagus portraying a wide-eyed woman dressed in a tunic in a newly uncovered complex of tombs at a remote desert oasis, Egypt's antiquities department announced yesterday. THE ASSOCIATED PRESS

World

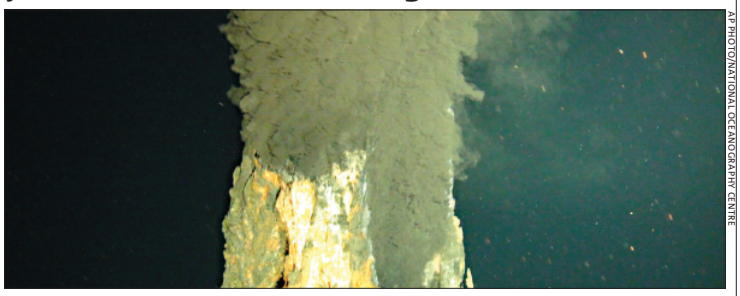
Soldier admitted leaking secrets: Docs

Court documents released yesterday show that a former Israeli soldier admitted stealing classified military secrets to reveal Israeli "war crimes" against Palestinians. Anat Kamm, left, has been charged with passing information to a journalist with the intent of harming national security. Her case drew wide attention because a court gag order kept her arrest out of Israeli publications while world media were reporting it freely. The gag order was partially lifted last week. THE ASSOCIATED PRESS

Deepest volcanic vent found

British discovery could offer clues to origin of life on Earth

Scientists using a remote-controlled submarine have discovered the deepest known volcanic vent and say the superheated waters inside could contain undiscovered marine species and perhaps even clues to the origin of life on Earth.



AP PHOTO/NATIONAL OCEANOGRAPHY CENTRE

This undated photo shows a cloud of smoky water billowing from the top of a tower of metal ore at a volcanic vent five kilometers beneath the surface of the Caribbean.

Experts aboard the RRS James Cook said they found the underwater volcanic vent more than five kilometres beneath the surface of the Caribbean in an area known as the Cayman Trough, a deep-sea canyon that served as the setting for James Cameron's underwater thriller The Abyss.

Geologist Bramley Murton, the submersible's pilot, said exploring the area was "like wandering across the surface of another world," complete with spires of multicoloured mineral deposits and thick collections of fluorescent blue microorganisms thriving in the slightly cooler waters around the chimneys.

The scenes "were like nothing I had ever seen before," Murton said.

Volcanic vents are areas where sea water seaps into small cracks that penetrate deep into the Earth's crust — some reaching down more than two kilometres. Temperatures there can reach 400 C, heating the water to the point where it can melt lead.

THE ASSOCIATED PRESS

Pilots may have forced dangerous landing

POLAND Russian investigators suggested human error may have been to blame in the plane crash that killed the Polish president and 95 others, saying yesterday there were no technical problems with the Soviet-made plane.

The Tu-154 went down Saturday while trying to land in dense fog near a Smolensk airport in western Russia.

All aboard were killed, including President Lech Kaczynski and dozens of Polish political, military and religious leaders.

They had been travelling in the Polish government-owned plane to attend a memorial in the nearby Katyn forest for thousands of Polish military officers executed 70 years ago by Josef Stalin's secret police.

The pilot had been warned of bad weather in Smolensk, and was advised by traffic controllers to land elsewhere — which would have delayed the Katyn observances.

He was identified as Capt. Arkadiusz Protasiuk, 36, and the co-pilot as Maj. Robert Grzywna, 36. Also in the cockpit were Ensign Andrzej Michalak, 36, and Lt. Artur Zietek, 31.

In Warsaw, there was concern the pilots may have been asked by someone in the plane to land at Smolensk instead of diverting to Minsk or Moscow, in part to avoid missing the ceremonies.

Polish Prosecutor General Andrzej Seremet said Polish investigators talked to the flight controller and flight supervisor and "concluded that there were no conditions for landing."

"The tower was advising against the landing," Seremet said.

THE ASSOCIATED PRESS

Hyderabad **Love match**

MOHAMMED ABDUL HAQ/NIRZA FAMILY/AP PHOTO

Pakistan's former cricket captain Shoaib Malik and Indian tennis star Sania Mirza pose during their marriage ceremony in Hyderabad, India, yesterday.

News in brief

ITALY A mass of mud and water slammed into a small commuter train travelling in the Italian Alps yesterday, knocking the front car into a ditch and killing nine people aboard, authorities said.

AFGHANISTAN There was mayhem yesterday in the streets of Kandahar as three suicide bombers staged a failed attack on the city's intelligence headquarters and NATO troops opened fire on a passenger bus, killing four civilians. The shooting in Senjaray, sparked a tire-burning demonstration by locals, who shouted anti-Western slogans.

THE ASSOCIATED PRESS

SCANLIFE

French TV airs footage of hostages kept by the Taliban pleading for their lives.

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Vatican posts abuse guidelines

SCANDAL The Vatican responded yesterday to allegations that it had concealed years of clerical sex abuse by making it clear for the first time that bishops and other high-ranking clerics should report such crimes to police if required by law. Victims have charged that the Catholic Church created what amounted to a conspiracy to cover up abuse by keeping allegations that priests raped and molested children secret and not reporting them to civil authorities. The Vatican has insisted that it has long been the Catholic Church's policy for bishops, like all Christians, to obey civil laws. In a new guide posted on its website, the Vatican spells out such a policy in a set of guidelines.

THE ASSOCIATED PRESS

Civil law

- The published Vatican guidelines state that "Civil laws concerning reporting of crimes to the appropriate authorities should always be followed."

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Comment

Tory scandal-free reputation at risk

One of the positive claims the Harper government has been able to make is that it has avoided scandal of the on-the-take variety. This government may be ethically corrupt — there are dozens of examples of underhanded dictatorial conduct — but there have been no instances of anyone lining their pockets.

Corruption of the latter kind stung both the Mulroney and Chrétien governments and hurt the reputations of each prime minister. Jean Chrétien was never tied directly to the sponsorship scandal wherein lower level Liberals were on the take. In the Mulroney government, there were ministerial resignations over shady dealings and Mulroney himself is still trying to clear his name for having accepted cash payments from German dealmaker Karlheinz Schreiber.

The troubles currently surrounding bad girl Helena Guergis do not appear to be in a league with some of Ottawa's bigger scandals, but the risk is that she torpedoes the government's record of rectitude.

It's rare when a prime minister will call in the Mounties to investigate one of his ministers. Much of the limited information available points to a possible influence peddling scandal featuring Guergis, her husband, Rahim Jaffer, and assorted unsavoury types with whom Jaffer, the former MP, kept company. The more that is learned about the hot-headed Guergis, the latest being that she could hardly keep staff for more than a week at a time, the more one wonders why the tightly run government didn't rein her in.

Critics called on Harper to fire Guergis weeks ago. It's something he probably wishes he had done before she started adding to her blunder streak, which began with her childish temper tantrum at the Charlottetown airport.

The PM has often been slow to unload troublesome ministers. He allows them to dangle while the media and the opposition feast.

The Oliphant Commission, which is looking into the Mulroney matter, is due to report within the next month or two. The public will be reminded of that low-level operation at the same time as the Guergis one is being investigated. It's the kind of link the Harper government was hoping to avoid.

The PM has often been pilloried for being a control freak. With people like Helena Guergis in his cabinet, it's easy to understand why he felt he had to be that way.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Be proactive with your child's safety

If town criers still existed I'd be ringing the bell and shouting warnings to parents to predator-proof their children in light of Graham James being granted a pardon by the National Parole Board.

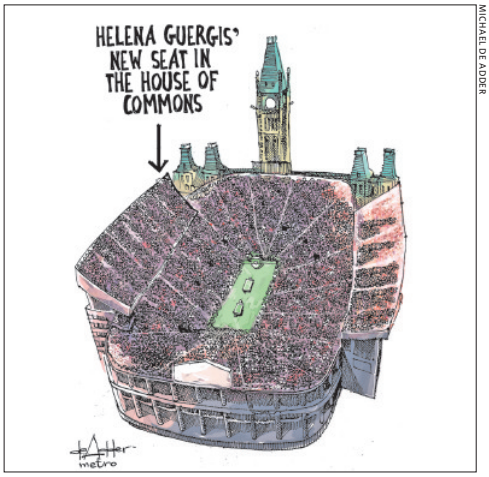
Our show On The Line has featured many experts from police sex crime units.

I'll reiterate some key points that all parents should know when it comes to predator-proofing children. Starting with their M.O., predators typically seek out positions that put them near children. They will even befriend someone with children to be near the kids. Predators know children well: Their fears and the vulnerable points of entry into to a child's heart. They are also proficient liars and will tell your child anything to convince them to comply to their sinister wishes. Luring children on the Internet is another huge problem, so make sure computers are placed in high-traffic areas in the home.

With those horrors in mind, we need to intermittently teach our children about good and bad touches, communicate regularly with them about their day, watch for unusual signs — like reluctance to talk to you and/or withdrawal. It is also vital to keep in regular contact with adults who are spending lots of time with our children and have opportunity to be with them alone.

So while we continue to hold authorities accountable for public safety, taking proactive measures with our children is our best option.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



MICHAEL DE ADDER

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Jays' Hill headed to DL

The Toronto Blue Jays have placed second baseman Aaron Hill on the 15-day disabled list with a hamstring injury. Manager Cito Gaston says the team wants to be cautious with the all-star player and not risk further damage. THE CANADIAN PRESS

Sports

Newest Jet suspended four games

Newly acquired Jets wide receiver Santonio Holmes, left, was suspended yesterday without pay by the NFL for the first four regular-season games for violating the league's substance abuse policy. The league announced the suspension a day after the Jets acquired the talented but troubled Holmes from the Pittsburgh Steelers for a fifth-round pick in this month's draft. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sens think Crosby can be contained

NHL PLAYOFFS PREVIEW

Ottawa at Pittsburgh

VS

Sidney Crosby may have burned the opposition for 51 goals this season, but the Ottawa Senators are confident they can shut down the Penguins star in the first round of the NHL playoffs.

They've done it before.

"We've had success in the past in trying to contain (Crosby), a little bit anyway," Senators centre Mike Fisher said as Ottawa prepared to face the defending Stanley Cup champions in the opening round for the third time in four seasons.

"We know them well. We know what it's going to take to beat them and it won't be easy."

This edition of the matchup gets underway tomorrow night at Mellon Arena (CBC, 7 p.m. ET).

"They're probably the favourites, but do we think we have a chance? Obviously we do," said Senators captain Daniel Alfredsson.

Stopping Crosby will be a good start.

The Penguins were the second-highest scoring team in the Eastern Conference during the regular season and Crosby led the way with 51 goals and 109 points.

By comparison, Fisher was the top goal-scorer for Ottawa, with a mere 25 goals.

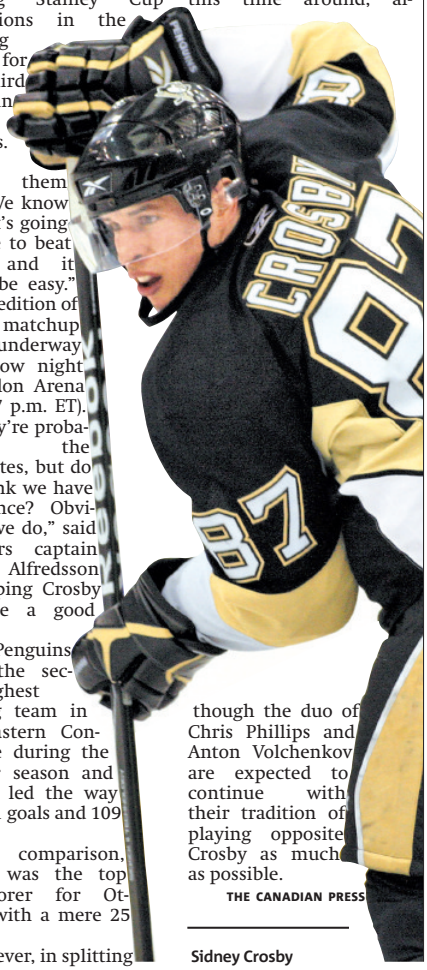
However, in splitting four games with the Senators, Crosby was held to just three assists and all of those came in the same contest — an 8-2 Penguins' blowout in December.

In 17 career regular-season games against Ottawa, Sid the Kid has just two goals and 11 assists and is a minus-8.

He has fared better in the playoffs with 13 points in nine games, including eight in the four-game sweep in 2008, but Senators general manager Bryan Murray was quick to point out yesterday that Ottawa played that series with a depleted lineup.

The Senators' defensive corps is bigger and better this time around, although the duo of Chris Phillips and Anton Volchenkov are expected to continue with their tradition of playing opposite Crosby as much as possible.

THE CANADIAN PRESS



Sidney Crosby

SCOREBOARD

MLB

YESTERDAY'S AL RESULTS

Chicago White Sox 8 Toronto 7 (11 ings)
Kansas City 10 Detroit 5
Minnesota 5 Boston 2
Oakland 4 Seattle 0
Tampa Bay 5 Baltimore 1
Texas 4 Cleveland 2 (10 ings)

YESTERDAY'S NL RESULTS

Chicago Cubs 9 Milwaukee 5
Philadelphia 7 Washington 4
San Diego 17 Atlanta 2
St. Louis 5 Houston 0
Cincinnati at Florida
Pittsburgh at San Francisco

NHL

PLAYOFF SERIES
PITTSBURGH (4) VS. OTTAWA (5)
WEDNESDAY GAME
Ottawa at Pittsburgh, 7 p.m.
FRIDAY GAME
Ottawa at Pittsburgh, 7 p.m.
SUNDAY GAME
Pittsburgh at Ottawa, 6:30 p.m.
TUESDAY, APRIL 20
Pittsburgh at Ottawa, 7 p.m.
THURSDAY, APRIL 22
x-Ottawa at Pittsburgh, 7 p.m.
SATURDAY, APRIL 24
x-Pittsburgh at Ottawa, 7 p.m.
TUESDAY, APRIL 27
x-Ottawa at Pittsburgh, 7 p.m.
x: if needed

ODD OF WINNING STANLEY CUP

	ODDS
Washington	3-1
Chicago	5-1
San Jose	5-1
Pittsburgh	6-1
New Jersey	8-1
Vancouver	9-1
Buffalo	12-1
Detroit	12-1
Phoenix	15-1
OTTAWA	**25-1**

NBA

YESTERDAY'S RESULTS

Toronto 111 Detroit 97
Atlanta 104 Milwaukee 96
Charlotte 105 New Jersey 95
Miami 107 Philadelphia 105
New York 114 Washington 103
Orlando 118 Indiana 98
Minnesota at San Antonio
Memphis at Denver
Houston at Sacramento
Oklahoma City at Portland
Dallas at L.A. Clippers

TODAY'S GAMES

Boston at Chicago, 8 p.m.
Utah at Golden State, 10:30 p.m.
Sacramento at L.A. Lakers, 10:30 p.m.
Denver at Phoenix, 10:30 p.m.

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Sports in brief

NFL The Tennessee Titans have agreed to terms with Chris Simms, bringing back a quarterback they had in 2008 as he worked himself back into shape. The Titans announced the move yesterday, making Simms the third quarterback on the roster with Vince Young and Kerry Collins.

NBA The Sacramento Kings have picked up the option on the contract of coach Paul Westphal for the 2011-12 season. Kings president of basketball operations Geoff Petrie made the announcement yesterday before the team played its final home game of the season against Houston.

NFL Authorities announced yesterday that they will not charge Pittsburgh Steelers quarterback Ben Roethlisberger after a college student accused him of sexually assaulting her at a nightclub last month. Ocmulgee Circuit District Attorney Fred Bright said the 20-year-old student's accusations could not be proven beyond a reasonable doubt, and her lawyer said in a letter that she did not want to press charges.

BOXING Polish boxer Tomasz Adamek is dedicating his fight against Cristobal Arreola this month to those killed in the plane crash in Russia. The plane carrying Polish President Lech Kaczynski and dozens of political, military and religious leaders went down while trying to land Saturday in dense fog near Smolensk airport in western Russia.

NFL Jason Campbell has signed his $3.1-million US tender with the Washington Redskins, taking him off the market as a restricted free agent while leaving open the possibility of a trade. Campbell was given permission to explore a trade after Donovan McNabb was acquired from Philadelphia last week. THE ASSOCIATED PRESS

Road to Cup looks tougher for Penguins this season

NHL The Pittsburgh Penguins are heading into the playoffs as the fourth seed in the Eastern Conference, just as they did when they won the Stanley Cup last season.

Again, they usually win when Sidney Crosby and Evgeni Malkin show up frequently on the scoresheet, and often lose when they don't. Dan Bylsma is still behind the bench. Marc-Andre Fleury remains in net.

As far as similarities go, that's about it.

Unlike last year, when they jetted into the playoffs as one of the NHL's hottest teams, going 18-3-4 in their final 25 games following Bylsma's hiring, the Penguins are playing erratically. After beginning the post-Olympic break with a four-game winning streak, they won successive games only once more in their final 16 games.

The playoff opponent is very familiar — this is the third time in four seasons the Penguins and Ottawa Senators meet in the first round. Pittsburgh lost in five games in 2007, its first playoff appearance since 2001, but won in a sweep the following season.

Maybe playing the dangerous Senators will "drive us into playing some good hockey," centre Jordan Staal said, starting with Game 1 tomorrow night.

The Penguins had only one challenging round while winning the Eastern Conference the last two seasons, needing seven games to eliminate Washington last year.

In 2008, they lost only two games, one each to the Rangers and Flyers, in three rounds.

The route to the finals appears to be much more difficult this year. As challenging, perhaps, as it has been for the Penguins to "get to our game" — one of Bylsma's favourite phrases and a rarely reached goal of late.

"I like our guys in terms of being playoff tested and playoff proven," Bylsma said.

"We know how we are going to need to play."

THE CANADIAN PRESS

Henrik Sedin basks in being the first Vancouver Canuck to take home the Art Ross.

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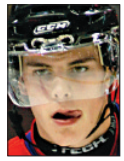
NHL draft lottery set for tonight

LOTTERY The Edmonton Oilers are hoping the odds work in their favour at the NHL draft lottery.

But whether deputy commissioner Bill Daly draws their name or another team when the lottery is held tonight (TSN, 8 p.m. ET), most scouts feel they cannot lose with two prize choices — Plymouth Whalers centre Tyler Seguin and Windsor Spitfires winger Taylor Hall — there for the taking when the draft is held June 25 in Los Angeles.



Tyler Seguin

Oilers GM Steve Tambellini will be on hand for the live broadcast from a TSN studio along with fellow general managers Peter Chiarelli of the Boston Bruins, Randy Sexton of the Florida Panthers and Scott Howson of the Columbus Blue Jackets.

Balls representing the 14 teams that failed to make the playoffs are in play, and only one is selected.

The winner can move up a maximum of four positions, so only the bottom five teams in the league standings (except 29th-place Toronto, which traded its pick to Boston) have a shot at the No. 1 overall pick.

A team can only drop back one position.

So the Oilers will end up picking first or second, while the Bruins are assured of picking in the top three. The weighted draw gives the last-place Oilers a 25 per cent chance of winning while Boston has an 18.8 per cent shot.

THE CANADIAN PRESS

HBC to be run out of New York

Canada's oldest retailer, the Hudson's Bay Company, announced yesterday that following the retirement, June 1 of chief executive officer Jeff Sherman, the company will be run out of New York by its owner, Richard Baker, president and CEO of NRDC Equity Partners. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 99.67¢	US $4.008	US $84.34	12,148.66
US 0.07¢	US 6.2¢	US 58¢	28.18

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Economy recovering, but slowly: Poll

The Bank of Canada's spring survey of businesses is providing further evidence that the economic recovery is taking hold, even as key decision-makers expect improvements will be gradual rather than robust.

Canadian firms are saying they expect sales to increase modestly over the next year. They also plan to hire more workers and invest more on new equipment and machinery.

But most companies also report that they are operating below their capacity and expect to do so for at least the next six months.

"Firms expect a modest increase in sales volumes following declines over the past year," the central bank said Monday.

"Firms reported that sales expectations are supported by the U.S. general economic recovery, an improving near-term U.S. economic outlook, and, in a growing number of cases, their own initiatives to reposition themselves for growth."

The quarterly survey of 100 key firms is also often cited by the central bank as a factor in its forecasts and decisions about interest rates.

The latest result, while positive, is also muted enough that it is unlikely to put additional pressures on the Bank of Canada to move more quickly than it otherwise would have on interest rates.

Recently, some economists have predicted the central bank will start raising interest rates at its next scheduled announcement date on June 1, about a month-and-a-half before governor Mark Carney's conditional commitment.

With the economy growing at an expected six per cent clip in the first quarter, on the heels of a five per cent advance in the last three months of 2009, there is no longer any need to keep the policy rate at the emergency level of 0.25 per cent, the analysts argue.

THE CANADIAN PRESS

Bankruptcies down

- Fewer Canadian firms and consumers went broke in January compared with December, an indication of improving economic conditions.

The 6.7 per cent decrease in insolvencies between December and January of this year was the biggest in 20 years, according to the federal bankruptcy office.

The superintendent of bankruptcy's office says January usually marks an increase in the number of insolvencies.

THE CANADIAN PRESS

Toyota problems may date to 2004

AUTO Toyota was seeing numerous customer complaints about software problems in some of its models as early as 2004, according to documents filed as part of a Canadian lawsuit against the company.

The documents from Toyota acknowledge problems with the automatic transmissions in Camry, Sienna, Highlander and Lexus ES vehicles.

"Lexus dealer owners are using the term 'franchise threatening' regarding this issue," says one internal document, dated Aug. 6, 2004, and labelled as confidential.

It adds that the Lexus dealers were doing a good job "shielding" Toyota from the complaints, but warns that a fix is needed soon.

The documents were filed in the Ontario Superior Court as part of a lawsuit against Toyota Canada by a Toronto woman.

Karen Stekel claims Toyota is responsible for an accident in which she allegedly lost control of her Lexus ES330 and drove it into a tree, causing her "serious and permanent injuries."

Stekel's lawyer, Ted Charney, will be in court today to argue that parent company Toyota Motor Corp. should be added to the list of defendants, which currently include Toyota Canada, the dealership that sold Stekel her car and the company that financed the purchase. He will also argue that Stekel should be awarded punitive damages by the company.

THE CANADIAN PRESS

Japan **Making progress**

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Japan's Finance Minister Naoto Kan said at a press conference in Tokyo yesterday that Japan is making a solid recovery but faces problems from deflation and debt. Since Prime Minister Yukio Hatoyama swept into power last summer, stock prices have risen and the yen has depreciated, Kan said.

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More flights were on time last year

TRAVEL Some things did go right for airline passengers last year: Planes were more likely to land on time and bags less likely to get lost.

As a result, passengers reported fewer complaints in 2009 even while cash-strapped airlines reduced flight schedules and charged for everything from bags and pillows to prime spots in boarding lines.

Airline performance has been improving over the past two years. In 2007, the year air travel surged to its busiest level since before the attack of Sept. 11, 2001, and airline performance suffered a near meltdown. Last year, however, there were 704 million U.S. airline passengers, compared with 770 million in 2007.

The findings, based on an analysis of government statistics, are in the latest annual report by private researchers.

One cloud in the otherwise friendly skies was a slight increase in denied boardings, mostly bumpings due to overbooking.

THE ASSOCIATED PRESS

ScanLife

And the Pulitzer for public service goes to ... the Bristol, Virginia Herald Courier?

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WePad **Another rival**

MICHAEL SOHN/THE ASSOCIATED PRESS

Helmut Hoffer von Ankershoffen, managing director of the Neofonie company, poses with the new WePad tablet PC in Berlin yesterday. The German maker of a new tablet computer is setting out to rival Apple's iPad with the promise of even more sophisticated technology.

Takeover rumours send Palm shares soaring

TECH Palm Inc. shares surged yesterday on persistent rumours that the phone maker is exploring the possibility of selling itself to an outside buyer, CBC News Online reported yesterday.

Although the company has declined to comment, the stock was up more than 16 per cent to more than $6 on the Nasdaq yesterday.

Yesterday's surge comes after Palm shares gained more than 30 per cent last week on the same speculation.

Multiple reports suggest the company has hired investment bank Goldman Sachs Inc. and takeover specialists Qatalyst Partners to strategically advise the company.

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	BMO	CIBC	HSBC	ING	PCF
	1.00%	0.70%	0.65%	1.20%	1.00%
Interest rates/ Savings accounts	RBC	Scotia	TD	ALLY	
	0.75%	1.00%	0.75%	2.00%	

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Don't try keeping up with the Joneses

AlisonOnMoney

If you listen closely around the urban corridors of this land you will hear the faint sounds of belts loosening. We're spending again!

Retail sales have crept up in most categories, notably in footwear (gotta cover those tootsies), appliances and furniture. And as the dollar teases prime, cross-border shopping is, once again, becoming a weekend pastime.

But with those numbers comes the question — why are we spending? A surprising number of people buy stuff in order to keep pace or face with family, friends or co-workers. This kind of spending can put you on a path to debt and dissatisfaction.

ALISON'S MONEY RULE
Spending to keep up with the Joneses or keep friendships intact is a one-way street to debt and dissatisfaction.

One couple I had a circle of friends who went out for a fancy dinner together every couple of weeks, continuing a tradition they'd developed pre-kids. With baby sitters, drinks, tips, etc., they were blowing nearly $500 a month, money they simply didn't have. The cost just kept mounting up on their credit cards.

After agonizing about their situation they fessed up. To their surprise they found everyone was experiencing similar difficulties with their enjoyable habit. But no one wanted to be the first to say, "We can't afford this anymore." One of the wives actually wept with gratitude at having their big secret out in the open.

The same group still meets regularly but now they take turns hosting. The kids are stashed in the family room with a sitter hired for the group, the food is potluck, the drinks are BYOB and the entertainment is, wait for it, board games. Each week a different couple dusts off one of the boxes they have stashed in the basement. Clue, Risk, Trivial Pursuit, Cranium, Mastermind, Balderdash. Fun!

Another couple were part of a yacht club crowd. They kept up the membership, even after the husband was downsized, for fear of losing their friends and, even worse, looking like losers. Two years after selling their boat they have a whole new set of friends who kayak.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Consider second-tier companies

Investing

Many of the large cap companies in the U.S. and Canada saw their stock prices devastated during the recession. However, since then, many of them have bounced back from their lows, with some even doubling in price since March 2009. So, with this in mind, where can an investor put their money to still take advantage of the growth yet to come?

There are two types of investments. The first would be to choose investments or companies that have lagged the recent rally. These types of investments are becoming harder and harder to find as the market continues to rise, but they still exist.

The second type of investment to consider would be what the market calls "second derivative" investments. These are companies or investments that do well feeding off the success of other companies or investments. Best Buy is an example of a second derivative investment, as it could be the benefactor of the success of the new products sold through its stores, such as the Apple iPad. With the new iPad being sold through Best Buy, if the product is a success, it could really help Best Buy's bottom line.

Investment ideas that seem to be working in this market have not changed in the last year. The growth areas are still the same. Sectors like technology, infrastructure, financial, commodities and oil have all done well and continue to perform well. However, as their prices rise, these sectors start to look a little pricey for the average investor to make an initial investment.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

On the web

Money Matters: Henry Choo Chong talks about Ontario's new harmonized sales tax and rebates. Visit metronews.ca/moneymatters to read his column.

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Bangladesh from 3.9 ¢	Lebanon ..... 9.9 ¢	Iraq. from .....4.9 ¢
Barbados..... 9.9¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile..... 2.9 ¢	Nepal. from .....7.9 ¢	Italy.....2.9 ¢
China..... 2.9 ¢	Oman..... 14.9 ¢	Russia. from ..... 2.9 ¢
Ecuador.....12.9¢	Fiji..... 24.9 ¢	Saudi Arabia from 3.9 ¢
El Salvador. ..... 9.9 ¢	Ghana.....9.9 ¢	South Korea.... 2.9 ¢
Jamaica..... 8.9 ¢	Greece.....2.9¢	Sri Lanka.....11.9 ¢
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Kenya from .....6.9 ¢	Guyana.....27.9 ¢	U.A.E.....16.9 ¢

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Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

Take your career search online

The Internet offers many benefits for researching job options

Planning your career path can seem daunting, but a little web surfing can make your choices a lot clearer.

Going online to research your career options has many benefits — it's convenient, free, involves little personal risk and can be a great starting point to get a sense of what industries and careers are out there that match your interests and skills.

Shirin Khamisa, a career coach at Careers By Design, says while some freestyle web-surfing is fine to get your bearings, make sure you do eventually set goals for your research sessions to ensure you spend your time wisely and don't get overwhelmed or discouraged.

"When you open the computer, ask yourself, 'What are my objectives with this research? What am I looking to find?' That can make a big difference in terms of keeping yourself focused," Khamisa said.

For finding out more about different jobs, the Government of Canada offers a great resource, which lets you search through job descriptions and skill requirements for thousands of occupations, find out what wages and salaries are like in different industries and even where to go to get trained for specific jobs.

Industry Canada also lists thousands of employers under job categories including brief descriptions of companies with their website and contact information as well so you can research individual employers in your chosen field.

Many public libraries and educational institutions throughout the country also offer access to Career Cruising software, which contains in-depth job profiles including information about standard working conditions, expected earnings, education and training needed and plenty of other great resources.

Similar information can be found at the National Occupational Classification offered by Human Resources and Skills Development Canada.

Khamisa says the right attitude is crucial when searching out career options — keeping an open mind makes the process less intimidating and can inspire you to consider career changes you might never have thought of before.

"Having that adventurous spirit really helps people move forward with change," Khamisa said.

Log on

- Here are a few sites to get you started, suggested by career coach Shirin Khamisa (careersbydesign.ca):
- Government of Canada: labourmarketinformation.ca
- National Occupational Classification: hrsdc.ca.ca
- Industry Canada: ic.gc.ca

Researching your career options online is a great starting point.

Real world experience helps make transition

RICHARD WOODBURY
for Metro Canada

"Throughout the time I spent in university ... the most important thing I did was ... getting out of the school and into the community." James Haga

Unfortunately, there is no 1-2-3 guide to help students transition from the classroom to the professional workplace, but for 24-year-old James Haga, the key was applying what he was learning in the classroom to activities in the real world.

"Throughout the time I spent in university and college, the most important thing I did was ... getting out of the school and into the community," says the director of advocacy for Engineers Without Borders Canada.

As a student, Haga volunteered in the social sector, which includes non-profits and non-governmental organizations. This enriched his learning experience, something many of his classmates didn't do.

"They were scared they wouldn't be able to find work in that area and you're not going to be able to find it unless you go out and make yourself available," he says. "The earlier you do, the better off you're going to be."

The Vancouver resident studied international studies and graduated from Simon Fraser University in 2008.

It's also important that students be willing to seek out help, says Chris Nguyen, a 27-year-old from Toronto who graduated from Ryerson in 2005. This could include talking to former grads or individuals one would define as successful.

"Don't be afraid to ask. Ask for help," he says.

Even if students take all the right steps, it will take time for those efforts to pay off, says Jessica King, a 31-year-old Halifax resident who graduated from the Nova Scotia's Community College's tourism and hospitality management program in 2007.

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Learning Curve is a special feature that focuses on education and student life.

Elite Carleton program gives Master's in security

ANDREW SZTEIN
for Metro Ottawa

Logistics and security collide in Carleton University's new Masters of Infrastructure Protection and International Security program.

The cutting edge program focuses on dealing with infrastructure threats and security including terrorism, according to the Carleton University website.

"The program combines engineering and international affairs policies and security," said Abass Braimah, assistant professor in the Faculty of Engineering and Design.

Wayne Boone

The program is the first of its kind in North America, and Canada's capital was an ideal location to begin this sort of infrastructure training.

Ottawa is teeming with "departments that map directly to our 10 national critical infrastructures," said Wayne Boone, assistant professor with Carleton's Norman Paterson School of International Affairs.

"The policies, the oversight, the programmatic aspect is all here in the national capital region. It makes it a very good fit for this collaborative information sharing program."

As a graduate master's program, spots for students in the program are expected to hotly contested, with "at least 15 full-time students, because we're trying to keep class sizes small," said Braimah.

The program is an "elite" program, and students hoping to get in will have to be "the best of the best" to be considered. It's likely that a maximum of 24 graduate students will be admitted.

Improve your performance at Algonquin

ANDREW SZTEIN
for Metro Ottawa

Algonquin College will be coaching those who are interested in becoming coaches.

With the new performance coaching program that will begin this September at the college, Algonquin is hoping to scoop up some students who wish to improve their abilities to perform in front of people, make presentations, and gain a basic understanding of human psychology.

"We found that there was a need in this area," said Shaunna Burke, coordinator of the new program. "It's a new profession, so there aren't many programs that exist that allow people to develop their skills and knowledge as a coach."

Just because coaching is in the title of the program, doesn't mean that the program is only intended for those who wish to become a full-time coach.

"It's mostly for working professionals whose job responsibilities include a coaching or mentoring role," said Burke. "It's also designed for those individuals who want to pursue a career (in) independent coaching and helping them reach their potential as a performer."

While other programs may focus on a specific trades or disciplines, the performance coaching program is geared towards personal growth and supplementing existing skills in their students.

"We teach about the psychological state of mind to setting goals and exceeding them," said Burke. "It's all about the mindset required to succeed and teaching students to cope and help others who are dealing with stressful situations."

The 45-week program is offered mostly online, utilizing "software that we've built into this program, allowing us to offer lectures over the Internet."

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SEAN AIKEN/SUBMITTED

52-Week Job entrepreneur Sean Aiken seen at left as a jump instructor, top as a snow shoe guide and bottom as a pizza maker.

Get yourself a '52-Week Job' internship

KEITH CARMEN
for Metro Canada

Who says today's youth can't hold a job? In the course of one year—February 2007 to March 2008—28 year-old Vancouverite Sean Aiken had 52.

Yes, the Business Administration graduate held one job per week for a year. While that seemingly cements consensus about young people's inability to stay focused or committed, this quick employment turnover is exactly what Aiken set out to do: Discover where to turn after school/with the world at his fingertips.

"When I was looking for a job, I saw these important-sounding titles but had no idea what the job would actually be like," he admits about the impetus for what came to be dubbed the One Week Job Project, an experiment in holding various pre-arranged gigs for no more than seven days. "I was scared at the thought of committing to one, not liking it and then feeling trapped."

The concept quickly picked up momentum, taking Aiken around North America to employ as everything from the good (Cancer Fundraiser for Princess Margaret Hospital Foundation, fashion buyer and organic dairy farmer) to the bad and ugly, most notably disliking picking cattails in a swamp. "It was plus-35 (degrees), tonnes of bugs, smelled bad and had gruelling 12-hour days."

One year, endless experience and over 20,000 donated dollars later however, Aiken admits that the One Week Job Project was inestimable in teaching him the value of life over profession.

"I realized that those who are most passionate about their jobs have a vision of how they're contributing to something greater than themselves," he appraises, adding that the undertaking has also spawned some unexpected side-effects: Everyone from inspired collegiates to frustrated CEOs have inundated Aiken with queries and accolades.

In response and as a means of sharing this opportunity, the One Week Job Co-Op Program has been established. Taking place this summer, three candidates will participate in eight pre-arranged one-week jobs earning both knowledge and a $3,000 honourarium. Aspiring applicants are encouraged to visit oneweekjob.com for conditions.

Those tepid about testing the waters of fleeting finances need not worry, however. Aiken has completed both a documentary chronicling his endeavour as well as a book (Penguin Group) providing a more in-depth account. Through his writing, readers share Aiken's memorable on-site moments, learn the trials and tribulations of realizing the project, ingest internal thoughts and glean lessons from his employers. He also offers insight via the website/social networking with the most popular—and obvious—question being that after such a massive undertaking, has Aiken discovered his calling?

"Yes," he winks building anticipation, "and I invite you to find out by reading the answer in the last chapter."

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Travel mug equals free coffee
To celebrate Earth Month, participating Starbucks Coffee Canada stores will offer customers who bring in a resuable travel mug a complimentary cup of brewed or iced coffee this Thursday. This the fifth year the company has offered the promotion. METRO NEWS SERVICES

Food

Grocery shop... smarter

Estimating rather than doing mental math as you shop for groceries can help you stay on budget, according to new research in this month's Journal of Marketing. Using a calculator to tally up the goods in your grocery cart produces the most accurate results, but rounding up or down to the nearest dollar will yield better results than trying to add $2.49 to $3.76 to whatever else you put in the cart, says the study. TORSTAR NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Go for the club

PHOTOGRAPHY BY JIM NORTON

Apple Rhubarb Turnovers.

Chicken Club Wrap with Garlic Mayo.

Chicken Club Wrap with Garlic Mayo

PREP: 5 MINUTES
COOK: 10 MINUTES
MAKES 4 SERVINGS

INGREDIENTS:
- 8 slices bacon
- 4 boneless skinless chicken breasts
- ½ tsp (2 mL) each salt and pepper
- 1 plum tomato
- 4 large tortillas
- 4 romaine lettuce leaves, chopped

Garlic mayo:
- 1 large clove garlic
- Pinch salt
- ¼ cup (50 mL) light mayonnaise
- 1 tsp (5 mL) lemon juice
- Dash hot pepper sauce

METHOD:
Garlic mayo: Mince garlic with salt until smooth paste; stir into mayonnaise along with lemon juice and hot pepper sauce. Set aside.

In skillet, fry bacon until crisp; set aside on paper towel. Drain fat from pan.

Holding knife horizontally, slice each chicken breast through thickest part and open like book; pound to even thickness. Sprinkle with salt and pepper.

Cook in same skillet over medium-high heat, turning once, until nicely browned and no longer pink inside, 6 to 8 minutes.

Transfer to cutting board and slice. Slice tomato in half lengthwise; slice crosswise.

Spread Garlic Mayo over tortillas. Top with chicken, bacon, lettuce and tomatoes. Roll up; slice in half.

Apple Rhubarb Turnovers

PREP: 20 MINUTES
CHILL: 30 MINUTES
COOK: 30 MINUTES
MAKES 8 TURNOVERS

You will have more than enough icing, so you may want to drizzle on a little extra. If you're in a hurry, use 1 package (397 g) frozen puff pastry instead of making your own.

INGREDIENTS:
- 1 each large Golden Delicious apple and Granny Smith apple (1 lb/500 g total)
- 1 cup (250 mL) chopped rhubarb
- ¼ cup (50 mL) granulated sugar
- 2 tbsp (25 mL) all-purpose flour
- ½ tsp (2 mL) lemon juice
- ¼ tsp (1 mL) cinnamon
- Pinch each ground nutmeg and salt
- 1 egg

Pastry::
- 2½ cups (625 mL) all-purpose flour
- 2 Tbsp (25 mL) granulated sugar
- ½ tsp (2 mL) salt
- ¾ cup (175 mL) cold unsalted butter, cubed
- ¾ cup (175 mL) ice water (approx)

Cream cheese icing:
- 1 cup (250 mL) icing sugar
- ¼ cup (50 mL) cream cheese, softened
- 2 tsp (10 mL) lemon juice
- 1 tsp (5 mL) water

METHOD:
Pastry: In bowl, mix together flour, sugar and salt. Using pastry blender or 2 knives, cut in butter until mixture is in large crumbs. Drizzle with water, tossing with fork until dough comes together and adding up to 2 Tbsp (25 mL) more water if needed. Divide in half; shape into discs. Wrap each in plastic wrap; refrigerate until chilled, about 30 minutes.

On lightly floured surface, roll out each disc to 18- x 8-inch (45 x 20 cm) rectangle. Let rest for 5 minutes.

Cut each into 4 rectangles.

Meanwhile, peel, core and chop apples into ¼-inch (1 cm) chunks.

In bowl, toss together apples, rhubarb, sugar, flour, lemon juice, cinnamon, nutmeg and salt. Spoon about ⅓ cup (125 mL) onto half of each rectangle. Fold remaining half over filling to enclose. Press edges with tines of fork to seal.

Whisk egg with 2 tsp (10 mL) water; brush over turnovers. Bake on baking sheet in 425°F (220°C) oven until golden, 30 to 35 minutes. Let cool completely.

Cream cheese icing: In bowl, beat together icing sugar, cream cheese, lemon juice and water. Using fork or pastry bag with fine tip, drizzle icing over turnovers.

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Classic vinos

I hope that you're having a great day because I sure am. As you read this I'm in Italy — my second favourite country on Earth. I'm here in Verona (in the country's northern province of Veneto) for Vinitaly: One of the world's largest wine shows and, for the next few days, the home of just about every major Italian winemaker.

Romeo and Juliet got their groove on in Verona and the city's surrounding grape growing regions of Soave, Bardolino and, of course, Valpolicella are some of the most famous and familiar in Europe.

Of the zillion things to love about Italy, the relaxed pace is close to the top of my list and there isn't a wine that goes better with doing nothing than Amarone. Made in Valpolicella from dried grapes, it's called the conversation wine because it's a rich, full-bodied sipper (which can be dry or sweet) that goes better with some cheese and a chat than it does with a major meal.

Masi's 2005 Costasera Amarone Classico ($37.95 - $49.99) typifying the full-figured, raisin-infused drier styles, with **Cantina di Negrar's 2005 Amarone della Valpolicella Classico** ($34.95 - $40.99) balancing a similar depth with more of a plum influence.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

From limb to limb

For every Culture Bio beauty product sold this year, Yves Rocher will plant a tree as part of the United Nations' Plant for the Planet operation. Since joining the project two years ago the company has planted seven million trees. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

A smile is the only pick-up line you'll need

It's one of the most critical moments in the mating ritual. Your eyes meet from across the room, you hold each other's gaze for that split second longer than feels natural, and then, it happens.

She flashes you a quick smile. And not just one of those curt, closed-lipped smiles flashed out of awkward politeness. It's a genuine, sweet smile that brings her eyes and open heart into the game.

It's a smile that automatically makes you smile back. It's a smile that in one split second says … you're in.

And the smile is probably one of the most universally understood forms of communications out there. A smile immediately communicates openness and fun and makes others feel at ease.

Research has shown that when you smile, your body releases endorphins that send a feel-good message to your brain. And when your smile causes that cutie from across the room to automatically smile back, her body also releases endorphins that make her feel good about herself.

So with one quick smile exchange you've said: I'm happy and her brain has told her that she is happy and associated that happy feeling with you. Who needs pick-up lines when you've got all that going for you in a quick flash of teeth?

"She flashes you a quick smile … It's a genuine, sweet smile that brings her eyes and open heart into the game."

Tyra Banks, model and TV show host, coined the term "smizing" — smiling with your eyes.

Of course, while a successful smile exchange will get your foot in the door, don't make the mistake of throwing it open and waltzing on in. You're liable to scare the person off. Instead, move in slowly.

According to British sex-pert and body language expert Tracey Cox, women are more likely to respond if men approach them from the front. Men are best approached from the side.

And, once you're in the person's personal space, Cox offers some other body language signs that signal the person is into you, like shiny eyes.

"The eyes don't lie," says Cox. "Sparkling eyes denote interest, and this can't be faked." Also, she says, the raised eyebrow flash is unconscious and indicates attraction and interest.

A woman will show interest in a man by looking straight at him, playing with her hair, flashing her wrists, gliding her hands over her arms and neck, whispering and leaning into the conversation, moving her head closer to you and smiling broadly.

Men show interest by raising their eyebrows when they first meet you, raising them while talking, stroking his tie or smoothing his shirt, and trying to attract your attention with a masculine "cowpoke" stance, and an "open" face.

And, when you do finally open your mouth, Cox has some advice.

You have two ears one mouth, use them in proportion.

"The more you let the other person talk, the more fascinating they will think you are," says Cox.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Running out of steam?

You might be iron-deficient!

Low Iron

Did you know that one woman in four is iron-deficient? Iron deficiency can make you feel faint, tired and irritable, and make it difficult to concentrate.

Lack of iron is the most common nutritional deficiency in the world. There are varying degrees of iron deficiency – and you may not even be aware that your iron is low. **Elderly people, athletes, pregnant and nursing women, and vegetarians may have an increased need for iron supplementation.**

Iron is essential

Since your body cannot produce iron by itself, you have to get it from your daily diet. Iron is essential for the transportation of oxygen in the body. It's almost impossible to get enough iron from your daily diet to ensure the proper functioning of your body… Do you eat 15 cups of broccoli, 18 eggs or generous portions of liver and kidneys each week in order to get all the iron your body needs? Probably not!

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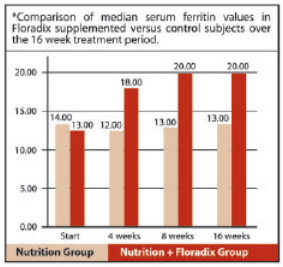

*Adzersen KH, Loewe-Mesch A, Freivogel K, Gerhard I. Examination of the effectiveness of Floradix (liquid) in women with low ferritin level. Department of Gynecology, Endocrinology, and Fertility disorders, Heidelberg Women's University Clinic, 2002.

Are you iron-deficient?

- [ ] Do you often feel listless, weak or irritable?
- [ ] Do you look pale, lack appetite or feel tired?
- [ ] Do you have brittle hair and nails?
- [ ] Are you pregnant or nursing or planning to become pregnant?

Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

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Burt's Bees has created a limited-edition lip balm in conjuncture with the Earth Day release of Disneynature's film Oceans. The company will donate $1 from every balm sold to the Nature Conservancy of Canada. $4.99 at Shoppers Drug Mart and Long Drugs. METRO NEWS SERVICES

Turning taxing into relaxing

RefundFun

DENISE SURETTE
for Metro Canada

Preparing your tax return isn't what most people would consider a pleasure, but getting money back on your return is when the fun begins.

While you're waiting for the check to arrive in the mail you may want to consider how you want to spend your money, and investing in a makeover may be the way to go.

Often beauty buys can go on the back burner when other bills are looming, but making yourself look and feel good are great ways to invest your extra cash.

$100

FACE If your tax return was low you can still invest in a makeover. A full makeup application from MAC Cosmetics and an eyeshadow palette is a great purchase. The makeup artists from MAC choose colours that compliment your skin tone, recommend what kind of look will suit your face, and help you choose the right palette to create the look at home. Each refill colour, $13. Empty Pro Palette eyeshadows x 4 case, $6.

Model Doutzen Kroes

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HEAD Get a whole new look for your crowning glory — your hair. Depending on where you live prices can vary, but getting a whole new cut and colour will give you a fresh new look. Add in a moisturizing hair treatment and you'll give your hair healthy refresh.

ANDREW H. WALKER/GETTY IMAGES

$600

HAIR If you're thinking of getting rid of unwanted hair permanently, investing your tax return in laser hair removal sessions may be the way to go. A package of laser hair removal treatments will rid you of underarm hair. Helen Ormston, owner of Gentle Touch Laser in Halifax, says that it's a great way to invest your money. "When you compare laser to waxing, it's much cheaper," says Ormston. "Waxing is a lifetime of ongoing treatments, but laser is an upfront payment."

For more Refund Fun check out Monday's Metro for a focus on electronics

$1,000 +

BODY If stubborn fat pockets are worrying you, you may want to put your return toward Ultrashape, a non-surgical way of fighting bulges and breaking down fat cells, which can reshape your stomach, thighs and hips. Dr. Tom Woo from Laser Rejuvenation Clinic and Spa in Calgary says this is a great way to feel better about you body.

"Studies say three treatments gives you anywhere from two to three inches reduction around the waist," says Woo. "That's one to three notches on your belt. When you think of it that way, that's pretty tremendous."

Before After

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WANT A TOUGH STAIN OUT... SEE YOUR DENTIST!

Years ago, dental offices introduced tooth whitening as one alternative to help patients obtain the "whiter and brighter" smile we all crave. It has become such a popular treatment that it is offered now by many non-dental professionals as a way to improve smiles everywhere.

When they work, whitening treatments obtained outside your dental office can really enhance your smile. The problem is that **whitening may not be the best treatment in all cases. And only your dentist** is truly qualified to determine if whitening is the best alternative for you.

In determining the best treatment for you, the first thing to consider is that there are **three categories of discolouration:** age-related, extrinsic or intrinsic discolouration.

Age-related is as obvious as it sounds, and just another example of father time taking its toll on us. The mineral structure of our teeth changes as we age, and this can result in their becoming more porous, and darker in appearance. Also, the enamel thins as we age, allowing the underlying structure, known as dentin, to become more visible. Dentin is yellow in appearance, thus creating the illusion that your teeth are stained.

Bleaching may provide some short term benefits. But depending upon your particular situation, it may not be the best alternative. Your overall oral health may dictate that veneers, crowns or even implants are a better, more long lasting solution.

Dr. Peter Georgopolous
Dental Surgeon

Intrinsic discolouration refers to the darkening or yellowing of the inner structure of the tooth, or the dentin. Genetic factors, tetracycline stains or even a trauma can case this form of discoloration.

Bleaching can be an ideal solution to intrinsic discolouration. However, it is important that you bear in mind that your particular form of **discolouration may be a sign of other oral health problems that need to be addressed.** Bleaching may amount to little more than treating the symptom without curing the problem!

Finally, **extrinsic discolouration** simply refers to the staining of the enamel. This is most commonly caused by consumption of certain foods, alcohol (particularly red wine) and smoking. If such staining is left untreated for a prolonged period, it can seep into the dentin and become intrinsic.

While bleaching can be effective, **a thorough cleaning at your dentist office** not only removes the stain, it is also vital to looking after your overall oral health. It **removes the plaque and calculus** that may also be accumulating, protecting you against **gum disease and tooth decay.** In between visits, you may find that certain "whitening" toothpastes are sufficient to remove any extrinsic stains.

Bleaching is a wonderful option to cosmetically enhance your smile. And creating beautiful smiles is one of the things your dentist takes pride in doing.

The key is to make sure that bleaching is the "treatment" you really need. If so, go for it! But only your dentist knows your teeth well enough to know if your discolouration is best treated by bleaching! So talk to your dentist to discuss all options. Because keeping your teeth white and strong is a healthy habit…and healthy habits lead to healthy lives.

Dr. Peter Georgopolous
- Dental Surgeon

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 8 weeks with possible continuation of up to 16 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	■	■
I am having difficulty sleeping	■	■
I am feeling low in energy and slowed down	■	■
My appetite has changed	■	■
I am experiencing feelings of guilt	■	■
I have lost interest in work and pleasurable activities	■	■
I feel hopeless about the future	■	■
I feel tense and anxious	■	■
I am having difficulty making decisions	■	■
I am having trouble concentrating	■	■

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

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All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

01-27-10

Hair star

Your hair goes through a lot. Pantene's new line, Customized, wants you to record your own lockumentary and upload it to pantene.com/realitystar for a chance to be the star of the world's first live reality TV commercial. The contest closes Thursday. METRO NEWS SERVICES

You go, Curl! Expert tips for curly-haired girls

Breaking down the dos and donts to keep your locks bouncing like they were born to do

JANINE FALCON
for Metro Canada

If you have curls, you're not wrong in thinking yours is one of the most challenging hair textures.

On the set of Sex and the City 2, Sarah Jessica Parker's 'do took the longest to style, according to lead stylist Frank Barbosa, spokesperson for Schwarzkopf Professional.

"I blew out Sarah's hair then put all the curls back in with a hot iron," he explained.

For most of us, two hours with a professional on hand each a.m. isn't the norm, so the pros share their best tips on getting great curls when they're not around.

THE CUTTING EDGE

The wrong cut for curly hair can be a disaster — think pyramid-heads and hockey hair. Kevin Murphy, an Australia-based stylist who does hair exclusively for magazine and advertising photoshoots, puts it simply.

"Go to a hairdresser with curly hair. The only people who know about curly hair are people who have got curly hair, so pick the person who has hair most like the hair you want."

MOISTURE MANAGEMENT

"Really curly hair can get dry very easily," points out Charles Baker Strahan, whose celeb-hair clients include Leighton Meester and Scarlett Johansson. That's because natural sebum has a tough time travelling from the scalp down the curly-hair shaft.

Using a brush would help, but when it comes to curls, brushing is a big no-no (use a wide-tooth comb instead, when hair is damp).

To compensate, Strahan recommends starting with a hydrating shampoo and conditioner such as Herbal Essences Hydralicious. "Hydrated hair always styles better," he adds.

If you find that you have to wait two days after shampooing for your curls to look good, could be you're using cleansers too harsh for your hair, says Jessica McGuinty of Jessicurl, a line she developed first for her own mass of corkscrew curls, then in response to growing demand from the community on naturally-curly.com.

"Look for sulfate-free products," she advises. Check labels instead for decyl polyglucose, a very gentle cleanser that doesn't strip hair.

For conditioning, she prefers silicone-free formulas, such as Jessicurl Too Shea! Extra Moisturizing Conditioner, which contains aloe vera, shea butter, and jojoba and avocado oils.

Herbal Essences Hydralicious Self-Targeting Shampoo, $3.99 at drugstores.

STYLE COUNSEL

Choose your styling product according to your hair type.

"Fine curly hair needs styling product with a little less moisture but that sets the curl in," says Murphy.

Jessicurl Too Shea! Extra Moisturizing Conditioner, $17.50 at delineation.ca.

If your hair's on the thin side, try a curl-enhancing mousse — the texture adds volume. If you have thick curls, you need something a little more emollient, like a cream.

Murphy also says to apply product when hair is still mostly wet, about 60 per cent. Celeb stylist and John Frieda consultant Harry Josh, who works with Amanda Seyfried, agrees, especially when it comes to preventing frizz.

In fact, he says keeping wet hair wrapped in a towel can make things worse.

"You take it off and the outer layers and hairline, which frizz the most anyway, are already dry and frizzy from being in contact with the towel."

For a defined curl without using a blow dryer, Pantene Consulting Stylist Denis Binet says to comb through a curl cream such as Pro-V Anti-Frizz Crème from root to tip, then "wrap several strands around your finger and tighten the lock. If your hair is very long, pull it up with clips while it dries so that the weight of the water doesn't make the loops fall out."

TRESemmé Fresh Start Waterless Foam Shampoo for Dry/Curly to Normal Hair, $6.49 at drugstores.

FINISHING TOUCHES

All styling pros agree: the less you handle your curly hair before it dries, the better. But according to Susan Konkin, curly-hair expert at Delineation Hair & Skin Essentials in Toronto, a fluffy microfibre Hand Dry Hair Glove can improve your touch after you've applied your styling product.

"You can work scrunching, twisting and squeezing your curls without adding frizz while the gloves quickly absorb excess water, which cuts down the drying time."

And don't discount the value of a professional curling iron to help shape random curls for a polished finish, especially if you've got unruly greys to contend with, advises Josh.

To refresh droopy curls without adding water, which can cause frizz, try TRESemmé's new Fresh Start Waterless Foam Shampoo for Dry/Curly to Normal Hair.

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Hand Dry Hair Glove, $24.95 (2 pack), at delineation.ca and select beauty supply stores.

Kevin Murphy Motion Lotion enhances fine curly hair, $22; kevinmurphy.com.au for salons.

Fab curls on the runway recently at Montreal Fashion Week's Fall 2010 shows.

PHOTOGRAPH BY JIMMY HAMELIN

Hirsch joins Darkest Hour
Emile Hirsch appears to have jumped aboard alien invasion thriller The Darkest Hour. The 28 Days Later-style film sees a group of travelling American teens in Russia caught up in a battle against marauders from the stars. **EMPIREONLINE.COM**

Entertainment

Much more Miley
Miley Cyrus will perform and co-host the 2010 MuchMusic Video Awards on June 20. "I can't wait to get back to Canada and perform for all of my fans," she said.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Junos sing a different tune

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

Almost every year the Juno Awards ceremony ends up a huge disappointment.

When Celine Dion was nominated for six awards in 2008 and Nickelback for five the year after, I just couldn't find the energy to tune in and watch the show. This year's event in St. John's, N.L., is a different story.

Despite Michael Bublé being up for six awards, this may be the most diverse, and representative, list of contenders in years. You can see who's nominated for what at junoawards.ca, but the likes of Metric, Joel Plaskett, Handsome Furs, Billy Talent, Justin Bieber, Arkells and Drake are all up for hardware.

In the past it was easy to call the winners — Nickelback or Celine Dion — but this year there's no clear champion. So, I'll probably get this wrong, but for fun, let's try to pick some of this weekend's victors.

JUNO FAN CHOICE AWARD Easy, that one's going to Nickelback. (Somehow they're still getting nominated for an album that came out in 2008.)

SINGLE OF YEAR These are all great songs, but I'm going with Drake's Best I Ever Had. While he's got the international cred that often woos the Canadian Recording Arts and Sciences members, this smooth, mid-tempo hip-hop tune really is award worthy.

ALBUM OF THE YEAR Bublé's going to win. Crazy Love topped both the U.S. Billboard chart and Canada's music charts and it's actually a pleasant listen.

Drake could take home the Juno for new artist of the year.

ARTIST OF THE YEAR This one's going to Bublé. With six nominations, the Juno voters clearly think Bublé's a step above the rest. And he's also the only nominee to appear on Oprah this year. That feat alone deserves an award.

GROUP OF THE YEAR I want Metric to win. Their haunting new wave-ish Fantasies is their best effort since 2003's Old World Underground and it's far better than Hedley's juvenile pop-punk or the Hip's tired beer rock. However, Billy Talent's hard-hitting third record, will win.

NEW ARTIST OF THE YEAR This category is really between two people — Drake and Justin Bieber. The former is the hottest rapper in hip-hop; the latter is the biggest star in the pop world. It's too close to call, but I'd like to see Drake win. Bieber will sweep the Junos in 2011.

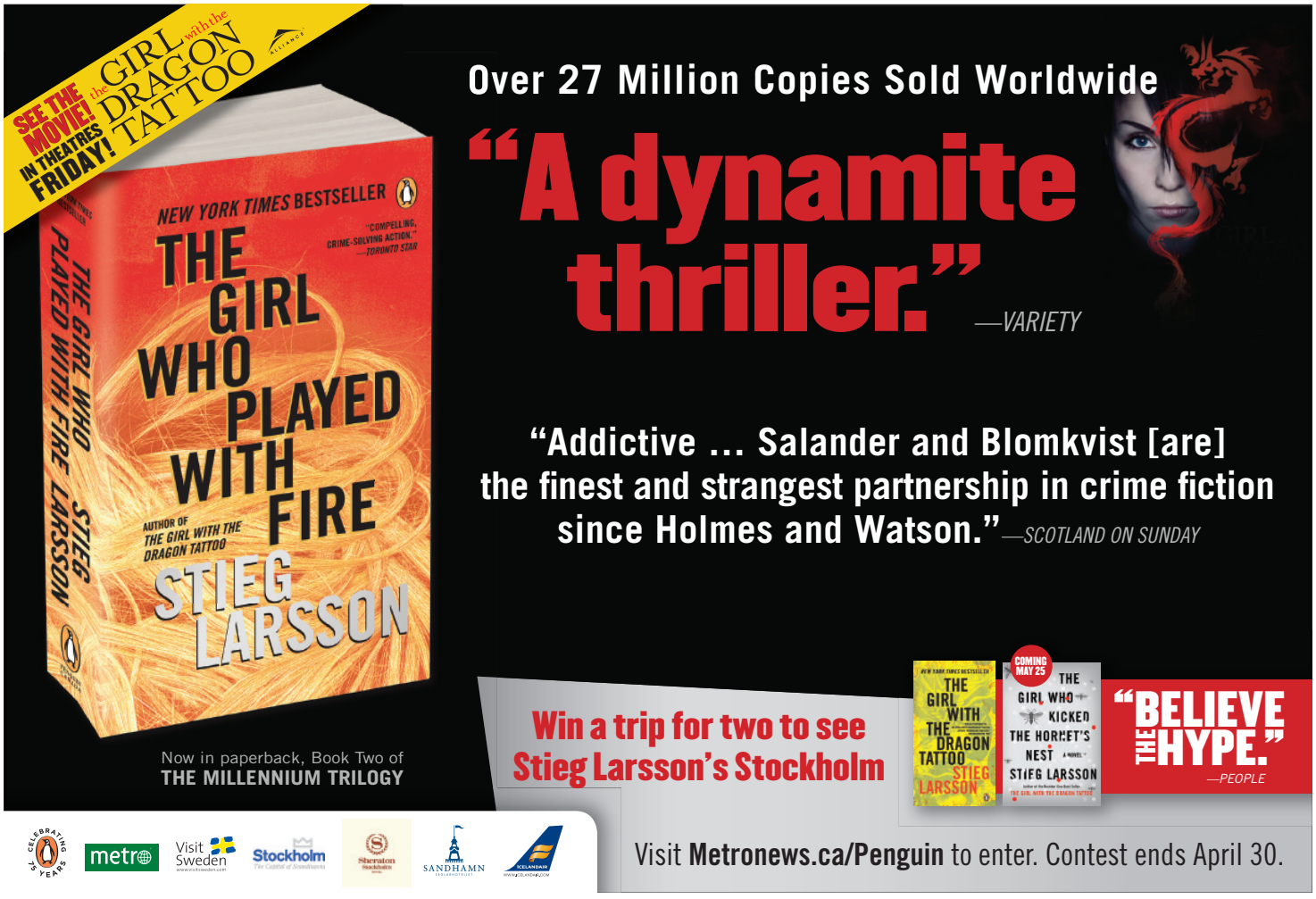
ALTERNATIVE ALBUM OF THE YEAR Metric will win this one, but I think the Handsome Furs' Face Control is the best of the bunch. It's gritty, catchy indie rock and easily one of the top albums of 2009.

POP ALBUM OF THE YEAR This category belongs to Bieber. Whether you like him or not, his saccharine pop melodies are a lot better than Hedley's.

ROCK ALBUM OF THE YEAR Billy Talent for sure. If Nickelback wins though — for 08's Dark Horse — I'm turning the Junos off.

RAP RECORDING OF THE YEAR Tough to call. K'Naan's Troubador wasn't just a fantastic album, he's become an international sensation. Drake has two chances to win this category though and with his popularity soaring, he's going to take the prize.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic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Shakira visits Haiti

Colombian pop star Shakira is meeting with Haitian earthquake survivors living in makeshift camps and she says she is searching for suitable land to build a school for needy children. METRO NEWS SERVICES

Ontario

NOTICE TO SECURITY INDUSTRY WORKERS

On April 15, 2010, a new regulation prescribing basic training and testing requirements for security guards and private investigators will come into force.

New Applicants

New applicants for a security guard or private investigator licence, who have not been licensed by April 15, 2010, will have to complete a basic training course and pass the prescribed test before their application can be considered.

Existing Licence Holders

Existing licensees do not need to take the basic training course if they pass the test before the renewal of their licence.

Those whose licences **expire between April 15 and July 15, 2010,** will not be required to pass the test until their 2011 renewal.

Those whose licences **expire on or after July 16, 2010,** will have to pass the test before the expiry of their current licences in order to renew them.

Training and Testing

Training will be available through licensed agencies, public universities and colleges, and private career colleges. Registered business entities may also train their own employees.

The test will be available after April 15 and individuals may write the test more than once if necessary. However, existing licensees must pass the test before their renewal date.

For more information, please visit the ministry's website at www.ontario.ca/securitytraining or call the Private Security and Investigative Services Branch, Ministry of Community Safety and Correctional Services at 416-212-1650 or toll-free at 1-866-767-7454.

Paid for by the Government of Ontario.

DVD picks

Defendor

Director: Peter Stebbings

LOOK UP IN the sky! Is it Kick-Ass? No, it's Defendor, arriving on DVD before its like-minded rival hits the big screen on Friday.

Woody Harrelson has rarely looked better and Hamilton has never seemed so heroic, in this comic-book drama of a duct-taped vigilante out to wipe the grime off his filthy city.

As the eponymous Defendor, a non-superhero decked out in tights, shoe polish and other dollar-store dressings, Harrelson's character risks both beatings and smirks. He's prowling the streets searching for Captain Industry, the man he's convinced killed his mom.

In real life he's Arthur Poppington, civic employee, and he has a perilous grasp on reality at the best of times, as his psychiatrist (Sandra Oh) knows all too well. Yet Defendor is as sane as any other costumed avenger. And you've got to admire his bravery and essential decency that survives even when it seems he may not.

Vancouver writer/director Peter Stebbings makes an impressive feature debut with an idea that reflects its comic-book inspiration in look and tone, yet still qualifies as a serious and occasionally touching character study

Pirate Radio

Directors: Richard Curtis

IF THERE were awards handed out for the most badly bungled concept, Pirate Radio would have to be very much in contention. Musical rebellion on the high seas run aground in the sentimental tosh of Richard Curtis, the man who gave us Love, Actually and who wrote Notting Hill and Four Weddings and a Funeral.

There isn't a rockin' bone in the body of Curtis, the British sketch comedy writer turned feel-good filmmaker.

The cruel fates being what they are, he's the guy who gets to ruin this grand idea for a movie, loosely based on the true story of Radio Caroline, a rogueship radio station. It operated in the North Sea outside Britain during the stuffier part of the 1960s, when the state-owned BBC judged Perry Como to be safer for British ears than the Rolling Stones.

Curtis is incapable of writing or directing a scene that has any greater tension than hopping into bed, planning a prank, muddling a marriage or pondering about paternity. But at least there are classic rock hits and semi-hits on the soundtrack, providing more energy and revolution than anything Curtis has ever come up with.

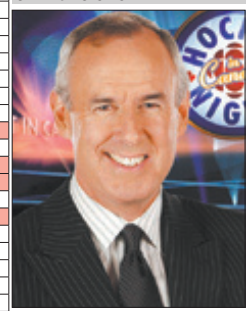
Peter Howell/for Metro Canada

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 4/13/10	265	353	2	TVO	The Choir (Part 2 of 4)		The Agenda With Steve Paikin		Whitechapel (Part 3 of 3)		100 Greatest Discoveries		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Child's Play"		ET Canada	(9:28) Glee "Hell-o"	The Good Wife (HDTV)		
	-	-	5	SRC	Virginie (SC)	La Facture	Beautés désespérées (SC)		Musee Eden (N) (SC)		Le Téléjournal Nouvelles. (SC)		TJ Ontario
	209	342	6	CHRO	Degrassi: TNG	TMZ (N)	Dancing With the Stars		The Middle (N)	Old Christine	(10:02) V "John May"		Comedy Now
	196	311	7	CTV	Lost (HDTV) (N)		American Idol (HDTV) (Live)			Big Bang Th	Law & Order: SVU		CTV News
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	HNIC-Stanley Cup Countdown		Laughs	Comedy Fest.	CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser Two contestants win a new car. (N)				Parenthood (HDTV) (N)		News
	117	713	10	TVA	La Fièvre de la danse (SC)		Caméra Café	Taxi 0-22 (SC)	La Grande Évasion		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Big Brother QC	Roxy (N) (SC)	CSI: NY "Chambre forte" (SC)		Flashpoint (SC)		L'Attaque à 5 (N)		Big Brother QC
	137	763	12	TFO	Panorama		Vu du large (SC)		*Ceux qui m'aiment prendront le train* ★★★ (1998, Drame)				Citoyens du
	-	362	13	CBS	The Insider (N)	Judge Brown	NCIS "Child's Play"		NCIS: Los Angeles		The Good Wife (HDTV)		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: Special Victims		The Biggest Loser Two contestants win a new car. (N)				Parenthood (HDTV) (N)		News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*I've Heard the Mermaids Singing* (1987)		*Thunderball* ★★★ (1965, Action) Sean Connery, Claudine Auger, Adolfo Celi.						News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Dancing With the Stars		Lost (HDTV) (N)		(10:02) V "John May"		News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Father Dowling Mysteries		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol (HDTV) (Live)			(9:28) Glee "Hell-o"		FOX 2 News	News
	-	-	64	PBS	Business Rpt.	Help Wanted	NOVA (Part 2 of 2) (N)		Frontline (N) (DVS)		Independent Lens (N)		Charlie Rose
	205	312	104	CTV	Lost (HDTV) (N)		American Idol (HDTV) (Live)			Big Bang Th	Law & Order: SVU		CTV News
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
sports	406	417	27	net	MLB Baseball Chicago White Sox at Toronto Blue Jays. From Rogers Centre in Toronto.						Hockeycentral (HDTV)		
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	Stanley Cup '10 Fantasy		NHL Lottery	Stanley Cup Playoffs '10: Playoff Preview			SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Score Today	NBA Basketball Boston Celtics at Chicago Bulls. (Live)					NBA Basketball	
family	411	457	56	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters		Destin. Truth
	417	406	59	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)		Monster Jam (HDTV)		Dangerous Drives (HDTV)		Pass Time
	554	544	48	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	G. Simmons
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		CSI: Miami (HDTV)		CSI: Miami
	628	584	32	SPKE	The Unit "Unannounced"		UFC Unleashed		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)		Unleashed
	521	560	34	TLC	Ultimate Cake Off		The Man With Half a Body		19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	Man-Half Body
	145	761	35	TV5	Éléphants de mer		Partir autrement		Les Invincibles (SC)		ADN: Accel.	Nouva	TV5 Le Journal
	616	521	39	SHO	Relic Hunter		*All the Good Ones Are Married* (2007, Drama)				Californication	(10:45) NCIS "Cloak"	
	620	523	40	BVO	Live at the Rehearsal Hall		Chantal -- Live at the Pyramids				Spectacle: Elvis		Law & Order
	520	505	42	DIS	Daily Planet (N)		Egypt Unwrapped (N)		Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	601	562	45	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit.-Conchords	Awesome	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld	Name Is Earl	*The Wood*
	600	564	49	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (N)		Fringe (HDTV PA) (N)		InnerSpace (N)
	581	566	53	MTV	After Show	Cribs	Cribs	16 and Pregnant "Leah"			16 and Pregnant (N)		After
	618	524	54	TROP	The Celebrity Apprentice (N)				Dog Whisperer		End of Leash	Last 10	Tube Tales
	522	506	55	HIS	Aftermath "Red Giant"		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus Effect		Weather
	129	773	60	CD	Biographies (HDTV)		Ondes de choc		Images-chocs		Gangland "Crip or Die" (SC)		Destr Expr
	261	394	61	V	Murder, She Wrote		May-December	When I Laugh	Quantum Leap		Unscripted (N)	Crazy for Love	Poltergeist
	602	567	62	W	Supernanny		Style by Jury	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In (N)	Rabbit Fall	Blackfly	Moose TV	Rez Rides	MYTV	Moccasin Flats
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner: Impossible (N)		Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant

critics'corner

Hockey Night in Canada on CBC: Stanley Cup Countdown

Host Ron MacLean and analysts Mike Milbury, Kelly Hrudey and P.J. Stock are on hand to kick off the NHL postseason with a look at the upcoming conference quarterfinal series. The action begins tomorrow and ends, of course, with the Stanley Cup Finals in late May. 8 PM on 8 CBC



NCIS: Los Angeles

A petty officer's death leads the team to a teenager in Sam's life who may have a connection to terrorist activity. Hetty is concerned about the effect that the workload has on the team in "Breach." 9 PM on 13 CBS

Parenthood

Adam tries to spend more time with his family but finds that even more challenging than he had feared. Sarah's relationship with Mr. Cyr exceeds her expectations. Kristina and Julia re-evaluate their career choices in the new episode "What's Goin' On Down There?" 10 PM on 15 CITY 9 NBC

Polytechnique walks aways with 9 Genies

AWARDS Polytechnique, director Denis Villeneuve's look at the 1989 Montreal Massacre, swept the 30th annual Genie Awards last night.

The film received nine awards from the Academy of Canadian Cinema & Television, including best motion picture, directing, and screenplay.

Polytechnique actress Karine Vanasse received the best actress Genie during the award presentation in Toronto.

Dawson Creek alumnus Joshua Jackson took home the award for best performance by an actor for his work in the road movie One Week.

Also receiving a Genie was Kari Skogland, who earned the screenplay prize for Fifty Dead Men Walking. Jackson was among the presenters at the ceremony. Others on hand to mark the three decades of the Genies were actors Gordon Pinsent and Scott Speedman.

A number of special awards were presented at last night's ceremony, including the Claude Jutra Award, which was given to first-time Quebec director Xavier Dolan.

METRO NEWS SERVICES

Lynch gets hitched
Jane Lynch and her longtime girlfriend are engaged, usmagazine.com reports. Lynch, 49, confirmed her plans to get married on Saturday. The couple hasn't set a date for the wedding. TVGUIDE.COM

Meryl Streep

Streep joins Academy of Arts & Letters

HONOUR ROLL Meryl Streep has another academy to thank.

The star of films such as Sophie's Choice and Julie & Julia has been named an honorary member of the American Academy of Arts and Letters, an elite club that includes Toni Morrison, Stephen Sondheim and Jasper Johns. Not even two Oscars, seven Golden Globes and a lifetime achievement prize from the American Film Institute prepared Streep for this.

"I have to say that I was stunned, and when they sent me the roster of people in the academy I just burst into tears," Streep said. THE ASSOCIATED PRESS

Hit Girl shows fighting spirit

13-year-old Moretz dismisses controversy over Kick-Ass role

PHIL BROWN
for Metro Canada

You might not know the name Chloë Moretz right now, but all of that will change very soon.

The 13-year-old actress already has more than 30 film and television credits to her name, but her breakout role comes this week in the soon-to-be cult classic Kick-Ass.

In that tale of would be superheroes, Moretz plays Hit Girl, a pint-sized assassin whose father (Nicolas Cage) quickly moved her from potty training to fight training, turning her into one of the deadliest women in the world at 11 years old. It's the type of role that doesn't come along often for such a young actress and one that is sure to bring Moretz plenty of fame and notoriety.

Kick-Ass opens in theatres Friday

Chloë Moretz, right, dishes out the action as Hit Girl in Kick-Ass.

For Moretz, the road to Hit Girl started in the summer of 2008.

"I saw all the posters for Wanted and even though I wasn't allowed to see the movie, I knew I wanted to do an action movie like Angelina Jolie. So, I told my mom that I wanted that kind of role," Moretz told Metro.

Luckily for the young actress a screenplay was floating around for Mark Millar's then unpublished comic book series Kick-Ass that needed a little girl to beat up henchmen and let off a few explosions.

Moretz and her family fought for the role and she was lucky enough to be cast in the film a mere few months after she had been admiring Angelina Jolie's posters. From there, the serious preparations for the role began.

"I did about six months of fight training," revealed the actress. "I went to the Toronto circus school. I worked at tumblers, I worked with martial artists and marines. It was pretty crazy, but I'm a ballerina and a gymnast so I'm used to it."

All the work clearly paid off as Moretz dominates some of the most giddily violent action scenes in recent memory.

Unfortunately, not everyone has been thrilled by Moretz's performance as Hit Girl. Since the film premiered in Britain a few weeks ago, controversy has built up around the role, with a variety of journalists claiming that having such a young actress involved in violent scenes is incredibly irresponsible.

The issue doesn't really seem to bother Moretz however, who dismisses the critics.

"It's just a film. We all knew what we were doing and everything that I did in the film was in the script," Moretz said.

BASED ON THE WORLDWIDE BESTSELLER
"This dynamite thriller shivers with suspense. IN A WORD, WOW!"
Peter Travers, Rolling Stone
"Rapace's haunting, enigmatic Lisbeth leaves you eager for the next two installments. SHE'S FANTASTIC, AND SO IS THE MOVIE."
Rene Rodriguez, The Miami Herald
the GIRL with the DRAGON TATTOO
"THE BEST EURO ACTION HEROINE SINCE 'NIKITA'."
Empire
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Mills' estranged dad wants to re-connect
Heather Mills' father has begged his estranged daughter to get back in touch with him, femalefirst.co.uk reports. Mark Mills has not spoken to the charity campaigner for 25 years and is desperate to be reunited her. METRO NEWS SERVICES

Celebrity Buzz

Oprah, Tesh dated

PERHAPS HE CAN WRITE HER A BAD LOVE SONG ON HIS PIANO Long before she was a billionaire media mogul romantically linked to Stedman Graham, young Oprah Winfrey reportedly had a different boyfriend: John Tesh, usmagazine.com is reporting.

In a new, unauthorized Winfrey tell-all, celebrity biographer Kitty Kelley claims that Winfrey and the one-time Entertainment Tonight co-host were lovers who shared an apartment in Nashville, Tenn., in the mid-1970s.

According to New York's Daily News, an excerpt from the book reveals that Tesh, now 57, abandoned Winfrey, now 56, because of the intense "social pressure" of their interracial romance.

"(He) couldn't take it anymore … He walked out in the middle of the night … he told me he later felt very guilty about it," a Tesh source told Kelley in the book.

The pair both had broadcast TV jobs in Nashville at the time. Tesh, now a New Age musician and syndicated radio host, appeared on the 10th anniversary of Winfrey's show, when Winfrey claimed that they had simply shared a "platonic dinner date."

Another topic explored in Kelley's book: speculation about Winfrey's relationship with friend Gayle King.

"I know people are expecting me to 'out' her," Kelley tells USA Today. "But I think she's just asexual. She's poured all of her energies into her career. And if she is, she is never, ever going to come out. So relax, people."

METRO NEWS SERVICES

Paris dumps Reinhardt

I GUESS HE WASN'T HOT ENOUGH FOR HER Paris Hilton has reportedly split from Doug Reinhardt, femalefirst.co.uk reports.

The socialite reportedly called time on their 14-month romance recently, despite speculation they are planning to marry. A source said: "Obviously she broke up with him."

Hilton, 29, was seen partying in Las Vegas last weekend and Reinhardt was reportedly planning to fly out to see her on his way back from a family holiday to Aspen, but decided not to at the last minute.

The source added to E! Online: "He was in Aspen with his dad this weekend and was considering stopping by Vegas on the drive back, but changed his mind.

"I'm pretty sure that's why he went to Aspen … to hide out and try to get over her."

Hilton chose to spend time with her parents, Kathy and Richard, at the weekend and even went clubbing in Vegas with them.

She tweeted: "Just packing my bags, going on a trip with my parents for a few days. I love spending time with my family, we have the best time …"

METRO NEWS SERVICES

Pregnancy stressed Tiger

WOODS' PILLOW TALK GETS PERSONAL Devon James, the 15th confessed mistress to come forward about having an affair with Tiger Woods, says the golf great confided in her that wife Elin Nordegren's 2007 pregnancy left him feeling stressed, according to Rush & Molloy.

"He told me he wasn't happy at home. He said that he was frustrated and depressed, that his wife didn't sexually satisfy him, that he wasn't attracted to her very much anymore," James says.

"He told me the only two things he cared about are golf and sex."

METRO WORLD NEWS

Miller, Law engaged

JUST KEEP HIM AWAY FROM ANY NANNIES YOU HIRE Sienna Miller and Jude Law's reconnection seems to be working, as the pair are reportedly once again engaged to be married, according to the Daily Mail.

Miller was recently spotted wearing the engagement ring Law gave her the first time he proposed in 2005 — only it wasn't where it should be. "They do not want to make the engagement official, which is why Sienna is wearing the ring on the wrong hand," a source explains.

"They are keeping it secret, but are very happy and really hope it's going to work out. Jude has been to visit Sienna's parents and her sister Savannah and has worked hard to redeem himself."

METRO WORLD NEWS

Lohan gets sweaty

DANCING UP A STORM Lindsay Lohan had so much fun dancing at the recent Nylon magazine 11th anniversary party in Hollywood that she sweated through the flesh-colored studded mini dress she was wearing.

Luckily, she had a backup on hand and quickly changed into a black-and-white number an hour later, according to Page Six.

"People were confused," a source says of the quick change.

METRO WORLD NEWS

Boyle looking for love

GETTING TURNED DOWN BY A SENIOR HAS GOT TO HURT THOUGH Susan Boyle is adjusting to fame and success, and is now focusing on finding love, she confesses during an Australian TV interview.

"I go on looking. Some day my prince will come. But I have never been in a better place. It's absolutely brilliant for me right now," the Britain's Got Talent sensation says.

The 49-year-old admits she recently asked out a fellow churchgoer, 66-year-old Helmut Glaser, but he turned her down because he thought she was too old.

METRO WORLD NEWS

McCarthy split shocks Hef

IF ANYONE KNOWS ABOUT MONOGAMY IT'S HUGH Count Hugh Hefner as one of many who were surprised by Jenny McCarthy and Jim Carrey's recent split, people.com reports.

"I don't think any of us saw it coming. From the outside looking in, it looked like a magic couple," the Playboy founder told People. "I thought she found the right one."

Hefner has not spoken to McCarthy, 37, a former Playboy centerfold and 1994's Playmate of the Year, since the split, but is confident she will be fine, saying, "She's a strong person."

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

AIMEE MANN isn't impressed with Ice-T's acting, **ICE-T** isn't impressed with Aimee Mann in general, **AMANDA BYNES** is easily entertained, and **TOM HANKS** is star-struck.

@aimeemann
Christ, there is no reason in the world anyone should ever have cast Ice T in a television show @FINALLEVEL
Hey @aimeemann stop worrying bout my acting b–ch, and worry about your WHACK ass music.
@amandabynes
twitter is currently my favorite source of entertainment.
@tomhanks
Cool job. Evidence: phone call from PAM GRIER!

METRO NEWS SERVICES

No sex life, no problem for Gaga

ALL THE COOL KIDS ARE INTO CELIBACY Lady Gaga admits she's going without sex at the moment, according to the Daily Mail.

While promoting a new line of Mac lipstick that benefits HIV and AIDS prevention, the pop singer divulged that she's currently abstaining, saying, "I'm single right now and I've chosen to be single because I don't have the time to get to know anybody. So it's OK not to have sex, it's OK to get to know people. I'm celibate. Celibacy's fine."

METRO WORLD NEWS

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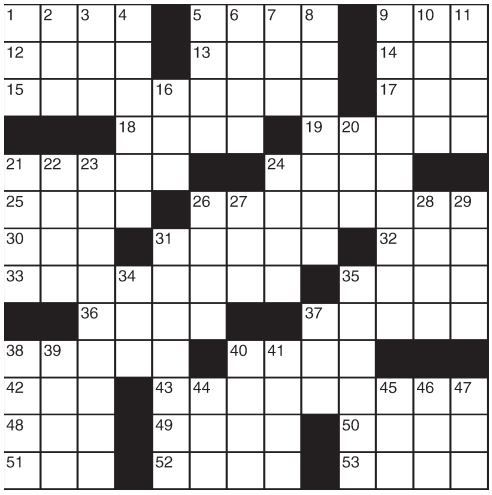
Take Five



ACROSS

1 Cavern phenomenon
5 Detail, for short
9 Hooter
12 Mentor
13 Calendar quota
14 — constrictor
15 Stubborn
17 Tackle moguls
18 Tress
19 Old hat
21 React to a pun
24 Rickey flavoring
25 Red rock
26 Shun liquor
30 Officeholders
31 Aegean island
32 Geneticist's stuff (Abbr.)
33 Miscellaneous remnants
35 Abysses
36 Predetermines the outcome
37 Permissible
38 Quark-binding particle
40 Adolescent
42 Common Mkt.
43 Hurdles
48 Profit
49 Equine coloration
50 Relaxation
51 Curvy character
52 Taj Mahal city
53 "Clue" weapon

DOWN

1 Id counterpart
2 Young lion
3 Day fractions (Abbr.)
4 Expenditure
5 Harmonization
6 Pinnacle
7 Dine on
8 After-movie listings
9 Of childbirth
10 Stopped sleeping
11 Deposited
16 "And — the opposite shore will be"
20 I love (Lat.)
21 Crossword diagram, e.g.
22 Mysterious character
23 Blocks
24 Some summer babies
26 Body art, for short
27 Ostrich's cousin
28 Opposed to
29 Final
31 Mrs., in Milan
34 Brazilian resort city
35 Lobster claw
37 Meadow
38 Kelly or Autry
39 Dregs
40 Despot
41 Sicilian volcano
44 Marshy area
45 "The Circus of Dr. —"
46 Kreskin's claim
47 Catch sight of

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

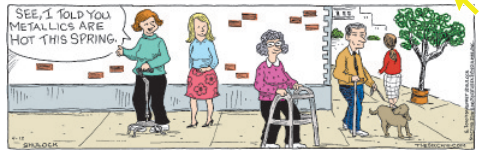
	7		5	8	3		9	
4								5
		9				2		
6	3		2		1		7	9
				5				
7	9		6		8		5	4
		3				5		
8								1
	6		1	9	4		8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	2	9	6	1	8	7	5	3
3	1	5	9	7	4	6	2	8
6	7	8	5	2	3	1	4	9
9	8	4	7	3	5	2	6	1
7	3	2	4	6	1	9	8	5
1	5	6	2	8	9	3	7	4
5	6	3	1	4	2	8	9	7
2	9	1	8	5	7	4	3	6
8	4	7	3	9	6	5	1	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Blue Cheese Ham Wraps

INGREDIENTS:

4 flour tortillas
12 thin slices deli ham
4 thin slices Swiss cheese
1 1/2 cups shredded lettuce
1 medium tomato, diced
2 hard-cooked eggs, chopped
4 tsp blue cheese salad dressing

METHOD:

1. On each tortilla, layer a quarter of ham, Swiss cheese, lettuce, tomato and eggs.

2. Drizzle each with 1 tsp dressing; fold in sides.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You see things in such a clear and logical way, so why can't other people? Whatever the reason you will have to spend time explaining things to them.

TAURUS
APRIL 21-MAY 21
Is money really so important? Could you survive on less? These are the kind of questions you will be asking today, but deep down you know the answers.

GEMINI
MAY 22-JUNE 21
You like a bit of excitement but by the end of the week you will be ready for a rest. The next few days will be full of fun. It's all go!

CANCER
JUNE 22-JULY 22
Take a deep breath before you head out into the world. You will need a great deal of patience today, along with stamina and, of course, a sense of humour.

LEO
JULY 23-AUG 23
Some excellent cosmic activity makes this a time of huge potential. However, you must be clear as to your aims and ambitions. You cannot afford to be vague.

VIRGO
AUG 24-SEPT 22
Get rid of things you don't really need. There are more of these than you appear to realize: things you hang on to for no good reason.

LIBRA
SEPT 23-OCT 23
You will be on the move today and where you end up is anyone's guess. You will discover things, about yourself and about the world around you.

SCORPIO
OCT 24-NOV 22
Money matters may not be going too well at the moment but over the next few days you will get the chance to put your financial house in order.

SAGITTARIUS
NOV 23-DEC 21
Hold tight because the ride you are about to take will be anything but smooth. Not that you'll care. You are a bit of a thrill seeker anyway.

CAPRICORN
DEC 22-JAN 20
You may look confident to other people but deep down you have fears and worries. Today's aspects will give you the courage to deal with an important issue.

AQUARIUS
JAN 21-FEB 18
What happens today may cause you to question some of your most cherished beliefs. Aquarians don't change their views often.

PISCES
FEB 19-MARCH 20
You are desperate to make a name for yourself and you reason that if those with less talent can do it then so can you, all you need is the opportunity.

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All-Inclusive • Standard rm.
May 7 – 28 • 1 wk.
$569 +Taxes & other fees (including service charges): $322

CUBA

Holguin via Toronto

Playa Costa Verde • 4★
All-Inclusive • Standard rm.
May 1 – June 19 • 1 wk.
$659 +Taxes & other fees (including service charges): $238
Departure tax: 25 CUC cash, paid locally

Santa Clara via Toronto

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
May 8 & 15 • 1 wk.
$899 +Taxes & other fees (including service charges): $238
Departure tax: 25 CUC cash, paid locally

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